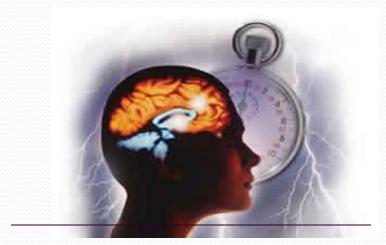
## Act in Time: Stroke Warning Signs

## Area of brain deprived of blood Blood clot Blood vessel Blood unable to pass clot

#### Time lost is brain lost



# What is a Stroke?

Occurs when the oxygen-rich supply of blood to an area of brain is blocked. Injury and death to the cells can occur within 3 -4 minutes.

#### Stroke Warning Signs

- Sudden numbness or weakness in the face, arm or leg
- Facial drooping
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no apparent cause
- Sudden trouble seeing in one or both eyes
- Sudden confusion, trouble speaking or understanding

#### Drooping is often specific to one side





Stroke can happen at any time, to anyone, at any age

#### Stroke Three Question Test

- Ask to smile
- Ask to raise both arms
- Ask to speak a simple sentence
  - If there is any inability to perform the above tasks normally, the person should be taken for immediate medical evaluation!
     OR...
  - If any of the "stroke warning signs" are present, the person should be taken for immediate medical evaluation!
     OR...
  - If there is any doubt whatsoever, the person should be taken for immediate medical evaluation!



Be aware of any sudden change in behavior

## Stroke Response

- Denial is common
- Avoid "wait and see"
- Stroke is a medical emergency
- Rapid treatment is critical
- Call 911 immediately
- Key studies indicate that
  - Medical therapy must be started within 3 hours of symptom onset.
  - Major obstacle is delay in reaching a facility that can provide appropriate care.

### Other Information on Stroke

- American Heart Association <u>http://www.americanheart.org/presenter.jhtml?identi</u> <u>fier=3053</u>
- American Stroke Association
   http://www.strokeassociation.org/presenter.jhtml?ide
   ntifier=1200037
- U.S. Department of Health and Human Services-National Institutes of Health <a href="http://www.nlm.nih.gov/medlineplus/stroke.html">http://www.nlm.nih.gov/medlineplus/stroke.html</a>

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